

## One Week Sample Menu - The Valleys

	Breakfast	Lunch	Tea	Supper
Monday	Fruit Juice Cereals or porridge Toast and Preserves Cooked Breakfast Option	Steak & Kidney Pie / Chicken Strogonoff  Apple Crumble & Custard	Soup of the day & Sandwiches or Fishfingers & Beans  Manchester Tart	Yoghurt and Fresh Fruit
Tuesday	Fruit Juice Cereals or porridge Toast and Preserves Cooked Breakfast Option	Savoury Mince / Poached Fish in Parsley Sauce  Chocolate Sponge & Chocolate Sauce	Soup of the day & Sandwiches or Sausage Pie Assorted Cold Sweets (Mousse, Trifles, Cheesecake)	Yoghurt and Fresh Fruit
Wednesday	Fruit Juice Cereals or porridge Toast and Preserves Cooked Breakfast Option	Roast Turkey & Stuffing / Pasta Bolognese  Cherry Pie & Custard	Soup of the day & Sandwiches or Broccoli & Potato Cheese Bake  Eccles Cake	Yoghurt and Fresh Fruit
Thursday	Fruit Juice Cereals or porridge Toast and Preserves Cooked Breakfast Option	Stirfry Chicken & Noodles / Beef Hotpot  Semolina	Soup of the day & Sandwiches or Filled Jacket Potatoes Assorted Cold Sweets (Mousse, Trifles, Cheesecake)	Yoghurt and Fresh Fruit
Friday	Fruit Juice Cereals or porridge Toast and Preserves Cooked Breakfast Option	Fried Fish / Pork Casserole  Lemon Sponge & Custard	Soup of the day & Sandwiches or Macaroni Cheese  Shortbread	Yoghurt and Fresh Fruit
Saturday	Fruit Juice Cereals or porridge Toast and Preserves Cooked Breakfast Option	Sausage Casserole / Beef Stew & Dumplings  Bakewell Tart & Custard	Soup of the day & Sandwiches or Poached Egg on Toast  Ice Cream	Yoghurt and Fresh Fruit
Sunday	Fruit Juice Cereals or porridge Toast and Preserves Cooked Breakfast Option	Roast Lamb / Roast Chicken  Coconut Tart & Custard	Soup of the day & Sandwiches or Tuna Pasta Bake Assorted Cold Sweets (Mousse, Trifles, Cheesecake)	Yoghurt and Fresh Fruit